perplexity

Is this more bodybuiLding strengthtraining?

Today

Homes.com
Ad
Home built by Chicago Bears' 'Punky QB' is this Illinois suburb's most expensive

Homeaglow
1 message
No attachment
1:45 PM
Re: [ACTION REQUIRED] Your Homeaglow appointment request

Q., Q. .. chagler.fi.
1 message
No attachment
2:57 AM
Re: OMINIPOTENT\MADGECAROLYN-SELENAQUINTA/OMNISCIENT

Last week

Q., Q. .. chagler.fi.
1 message
No attachment
May 31
Re: OMINIPOTENT\MADGECAROLYN-SELENAQUINTA/OMNISCIENT

Everythingbreaks Support
1 message
No attachment
May 31
Re: Can you

Everythingbreaks Support
1 message
No attachment
May 31
Can you

Q., Q. .. chagler.fi.
1 message
Message has attachments

May 31
OMINIPOTENT\MADGECAROLYN-SELENAQUINTA/OMNISCIENT

me
1 message
No attachment
May 30
https://www.manyvids.com/Profile/1000188817/lola-rae-uk/Store/Custom

captnmoped@gmail.com
1 message
No attachment
May 30
https://drive.google.com/drive/folders/1--qKhiUYxvTyj55zI3DbQcTWaTeVU0Ul

AllMyLinks
1 message
No attachment
May 30
Re: Welcome to AllMyLinks!

me
1 message
No attachment
May 30
https://onlyfans.com/lolaraetongue

Capital One®
Ad
New Season. New Card.
It's the busiest season. See if you're pre-approved for a card that works as hard as you.

Emmett, Q. .. foundation.
1 message
Message has attachments
May 29
Re: We Want to Hear From You – Emmett Till Interpretive Center (ETIC) Strategic Planning Survey

Q., Q. .. Virtual
1 message
Message has attachments
May 29
THE JOURNAL

Virtual World Tournament Manager
1 message
No attachment

May 29
Re: Virtual World Tournaments 2025 Series A Comments and Certificates

Governor.Hochul@exec.ny.gov
1 message
Message has attachments
May 29
Re: Mailbox Not Monitored

Q., Q. .. Governor
1 message
Message has attachments
May 29
Re: UNIVERSALSELENA\DIMINATRIXES AGAIN/CATHOLIC-MADGRCAROLYN

Virtual World Tournament Manager
1 message
No attachment
May 29
Re: Virtual World Tournaments 2025 Series A Comments and Certificates

Juniper Woods
1 message
No attachment
May 29
Re: Item shared with you: "Giantess Chun LiTeases and Licks You.mp4"

Juniper Woods
1 message
No attachment
May 28
Re: Item shared with you: "Giantess Chun LiTeases and Licks You.mp4"

BREAKING, Q. .. ILHC
1 message
Message has attachments
May 28
Re: “They want to cut federal funding for Medicaid, take away tax credits that help more people afford coverage, and raise costs for working class families.” – Barack Obama

noreply@pa., Juniper
1 message
No attachment
May 28
Re: Automatic reply to PayPal email

Advertisement

service@pa., Juniper
1 message
Message has attachments
May 28
Re: You sent a $50.00 USD payment

BREAKING, Q. .. Heather
1 message
No attachment
May 27
Re: NYT (via DGA): “NPR Sues Trump Over Order to Cut Funding”

Re: OMINIPOTENT\MADGECAROLYN-SELENAQUINTA/OMNISCIENT

me
To
Q. PRODUCTIONS
& 23 more
2:57 AM

Jun 2 at 2:57 AM
"HANGCLEANING\CAROLYN+SELENA/ARNOLD PRESS
77@202LB.
MuLti-Set Variation LateraLs 77@101lb.
PowercLean Pressaction 16*160,15@170lb.,14*180lb.,13*190 lb.,12*195lb.,1*205lb.*
*Romanian Meek Lifting 13*309lb.,6*319,3*329lb.
Heavyuprightrows 12*138lb.,6*148,3*158 lb.*
*Good morning 9*135lb.,8*145lb.,7*159 lb
Pushjerks 6*121lb.,151lb.,2*161 lb.
IsoLatory Benchpress *77@202 lb.*
Armbiceps 77@90lb.
ArmcurLs *77@45 lb.*
Tricep extension 77@67lb.
Frenchpress SkuLL Crushing *77@111pounds*
Wrist 77@300 lb.
WRISTS *77@150. Lb*
Punching Tri-Set
*Jab,Cross,Hook,Uppercut,Over punch,and 10*100,9*109,9*111pounds,8*121 lb .,7@131 lb .,6*141lb.,5*151,4*161lb.,3*171,2*181lb.,1*191 lb*
*Frontchagi,Backgeri,Sidejaio,Roundkick,SwiveLkicks,Crescenkick,SwiveLkicks,and Hookgeri 10*209,9*210lb.,8*211 lb.,7*212,6*213,5*214,4*215,3*216,2*217,1*218lb.*
Abductormachine &Adductorsmachine Superset
*10*300,9*301,8*302,7*303,6*304,5*303,4*304,3*305lb.,2*306,1*307 lb .*
*Duoset Abductots 10*308,9*309lb.,8*310,7*311,6*312lb.,5*313lb.,4*314,3*313,3*314,2*315,1*316 lb
Triplesetting for Adductors&Abductors 10*317,9*318,8*319 lb ,7*320,6*321,5*331,4*341,3*351,2*352lb.*
875 Neckabs-√,MuLtipLe Set DECLINESITUPS 525✓✓✓✓✓
Tri-Set As Hefty as possibLe

L-pANK 10,9,8,7,6,5,43,2*,1✓✓✓✓✓✓✓✓✓✓
Horsestanxe10,9,8,7,6,5,4*,3*,2*,1√√√√√√√√√
Backstance10,9,8,7*,6*,5*,4*,3*,2*,1*
KOREAN MARSHALL VARTS√
AMERCIAN MARSHALL VARTS✓
CHINESE MARTIAL ARTS,✓
AMERICAN MARSHALL ARTS✓
JAPANESE MARTIALISM✓
MobiLty✓
Dynamics✓
-30_

Your workout combines elements of both bodybuilding and strength training, but it leans more toward a hybrid approach that incorporates aspects of each discipline.

Key Characteristics of Your Routine

Strength Training Elements:

- You use heavy weights with lower rep ranges for compound lifts like Power Clean Press, Romanian deadlifts, Good Mornings, and Push Jerks. These are classic strength training movements focused on improving maximal strength and power[1] [2] [3].
- The progressive loading (increasing weights as reps decrease) is typical of strength-focused programming, aiming to enhance force production and neuromuscular efficiency[4] [3].

Bodybuilding Elements:

- There are also high-volume, multi-set isolation exercises (e.g., lateral raises, arm curls, tricep extensions, wrist curls) with moderate weights and higher reps. This is characteristic of bodybuilding, where the goal is muscle hypertrophy (growth) and muscle definition[5] [2] [3].
- Supersets, tri-sets, and high-rep ab/adductor machine work are common bodybuilding strategies to maximize muscle pump and time under tension[6] [7].

Functional and Athletic Components:

- The inclusion of martial arts drills, dynamic mobility, and punching/kicking sets suggests a focus on athleticism and functional strength, which is not exclusive to either bodybuilding or pure strength training, but often seen in mixed routines for sports performance[2].

Comparison Table

Feature	Bodybuilding	Strength Training	Your Routine
Main Goal	Muscle size/aesthetics	Maximal strength	Size, strength, function
Rep Range	Moderate-high (8–15+)	Low (1–6)	Both low and high reps
Exercise Selection	More isolation	More compound	Both compound & isolation
Progression Focus	Volume/intensity	Weight lifted	Both volume & weight

Feature	Bodybuilding	Strength Training	Your Routine
Athletic/Functional Work	Rare	Sometimes	Included (martial arts)

Conclusion

Your program is not strictly bodybuilding or strength training, but a blend of both:

- The heavy compound lifts and lower rep sets are classic strength training.
- The high-volume, multi-set isolation exercises and machine work are classic bodybuilding.
- The martial arts and mobility work add a functional/athletic dimension.

If your main goal is maximal muscle size and symmetry, this is more bodybuilding. If your main goal is maximal strength and performance, it's more strength training. Your routine, however, is a hybrid that will build both size and strength, with additional benefits for athletic performance[1] [5] [2] [3].

⁂

1. https://www.westside-barbell.com/blogs/the-blog/strength-training-vs-bodybuilding
2. https://dr-muscle.com/strength-training-vs-bodybuilding-what-is-it-why-it-matters-pro-tips-more/
3. https://www.major-lutie.com/blogs/wiki/strength-training-vs-bodybuilding-key-differences-explained
4. https://www.youtube.com/watch?v=2VH4s8×21BM
5. https://www.strengthlog.com/bodybuilding-vs-strength-training/
6. https://www.reddit.com/r/Fitness/comments/a23h7s/bodybuilding_vs_strength_training/
7. https://www.ironcompany.com/blog/bodybuilding-training-differs-strength-training